

system defined herein, that, as such useful chronobiotics may be proven in the future to be generically acceptable, and as they appear in the over-the-counter pharmacopoeia, then they can be readily introduced into the program to obtain the desired effect. Accordingly, all such modifications are embodied within the scope of this patent, which is particularly pointed out by the following claims.

We claim:

1. A method of operating a general purpose computer to provide information to an individual to help the individual to reduce dysfunction caused by a particular trip across a plurality of time zones, the method comprising the steps of:

receiving itinerary data, the itinerary data including a trip departure time, a trip departure location, a trip destination location and a trip arrival time;  
accessing a database of time zone information to determine the time zones of a plurality of locations in response to the trip departure location and the trip destination location;  
calculating a phase change between the departure and destination locations in response to the accessed time zone information;  
determining a time shift day in response to the itinerary data and phase change;  
determining a reference point on the time shift day; using the reference point to generate daily recommendations of activity responsive to the itinerary data and the calculated phase change in accordance with chronobiological rules, the recommendations including a schedule for the days surrounding the time shift day indicating sleep times, meal times, meal types, caffeine times, and a watch reset time; and  
providing the daily recommendations of activity to the individual.

2. A method as in claim 1 wherein said step of calculating a phase change treats certain large phase advances as phase delays.

3. A method as in claim 1 further comprising the step of receiving input of key event data, the key event data including the location, date, time, and duration of key events, and wherein said step of determining a time shift day is further responsive to the key event data.

4. A method as in claim 3 further comprising the step of receiving individual preferences data and wherein said step of using the reference point to generate daily recommendations of activity is further responsive to the individual preferences data.

5. A method as in claim 4 wherein the step of receiving individual preferences data includes receiving data for preferred meeting times, preferred sleep times, and preferred meal times.

6. A method as in claim 4 wherein said step of using the reference point to generate daily recommendations of activity further comprises the step of determining a recommendation for times of activity and times of inactivity.

7. A method as in claim 1 further comprising the step of accessing a database of daylight savings time information responsive to a particular location, and wherein said step of calculating a phase change is responsive to the daylight saving information for each input location.

8. A method as in claim 1 wherein said step of using the reference point to generate daily recommendations of activity includes the step of identifying potentially dyschronogenic schedules.

9. The method of claim 1 further comprising the steps of grouping legs of a trip in response to the time zones of destinations and recommending dates for phase shifts in response to times and locations of key events, lengths of stay at each destination, and magnitudes of phase shifts between groups.

10. The method of claim 1 wherein the reference point determined is a time for a break-the-fast-breakfast meal.

11. The method of claim 1 wherein said step of using the reference point to generate daily recommendations of activity further comprises the step of determining a recommendation for times to adjust levels of light.

12. The method of claim 11 wherein the steps of providing the daily recommendations of activity to the individual comprises the step of adjusting the lights, serving meals, and serving caffeinated drinks to a passenger on a flight in accordance with the daily recommendations.

13. A method of operating a general purpose computer to provide information to an individual to help the individual to reduce dysfunction caused by a particular trip across a plurality of time zones, the method comprising the steps of:

receiving individual traveler preferences data, the preferences data including data indicating preferred meeting times, preferred sleep times, and preferred meal times;  
receiving key event data, the key event data including data indicating locations, dates, times and durations of key events;  
receiving itinerary data, the itinerary data including data indicating a trip departure time, a trip departure location, a trip arrival time, and a trip arrival location;  
accessing a database of time zone information to obtain the time zone of each key event from the key event data and the time zones of the trip departure location and the trip arrival location;  
calculating a phase change between the trip departure and destination locations using the accessed time zone information;  
converting the phase change to treat phase advances of eleven hours or greater as phase delays;  
determining a time shift day in response to the key event data, itinerary data, and phase change;  
determining a reference point on the time shift day; using the reference point to determine daily recommendations responsive to the individual traveler preferences data, the key event data, the itinerary data, the time zone of each key event, and the converted phase change in accordance with chronobiological rules, the recommendations including recommendations for the times of selected zeitgebers on the days surrounding the time shift day; and  
providing the daily recommendations to the individual.

14. A method as in claim 13 wherein the selected zeitgebers include fast/feast days, the time and date of a break-the-fast-breakfast, meal times, meal types, and caffeine times.

15. A method as in claim 14 adapted to permit the introduction of effective new zeitgebers as they are identified.

16. The method of claim 13 wherein the reference point determined is a time for a break-the-fast-breakfast meal.